

# C.A.P.A.A.S.

## Children and Parents Asperger Autistic Support

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By Parents for Parents.

### Welcome pack

**C.A.P.A.A.S. MEETINGS** C.A.P.A.A.S. meetings will continue to be held on the second Wednesday of each month at 10.00am till 12.00 noon. Also the Fourth Wednesday evening of each month 6.30pm till 8.30pm. Parents only please. If you have any useful information that could help other parents in your area, could you please phone Steve McGuinness on 01529 415937, so it can go on future newsletters, thank you. The venue for our meetings, is The Sleaford Foyer, 81 Eastgate Sleaford Lincs, NG34 7EA there will not be a meeting should it fall in line with a school holiday. If you are unsure please e-mail or ring Steve.

### **C.A.P.A.A.S. SUPPORT HELPLINE.**

07948420641

**MEETINGS "BUDDY"** If you are lacking in confidence to come to our meetings alone, don't worry, a committee member can "BUDDY" up with you for as long as you would like. He/She can meet you and introduce you to the group

**MEMBERSHIP** To become a member please fill in the membership form and return it to the address above with a donation of 12, 2<sup>nd</sup> class stamps. We will update our membership list on a yearly basis, and ask for a donation of 6 postage stamps. This helps keep our postage costs down.

**MEMBERSHIP CARDS** We can produce a laminated membership card for your child at C.A.P.A.A.S. for a small donation of 6, 2<sup>nd</sup> class stamps. The card serves as a basic explanation that your child has autism/special needs. It also has other benefits; you can prove you are the carer of a special needs child and you can get into the Odeon free, or the child can get into the bowling cheaper. Ask if there is a concession price for Special Needs People or carers, wherever you go. If they ask what your disability is show them the card and explain that you are the carer, it saves the embarrassment of explaining Autism in front of a queue when your child is also listening. You will have a card to prove that your child has special needs and may get in cheaper. These cards are renewed each year.

**RESOURCE LIBRARY.** We are in the process of building our resource library with wide a range of books, video's, and magazines for parent/members to take out, most of which can be seen on capaas pages within the colour-se7en website, the full url address of which is <http://www.colour-se7en.co.uk> We also have other resources such as visual supports for parents to see, these can be made and tailored to suit their child's particular needs. Alternatively we can laminate your homemade pictures.

### **LIBRARY RULES**

- 1. You must be a C.A.P.A.A.S. member.**
- 2. Members can borrow up to 1 books/videos at any one time.**
- 3. Pay £1 per book per month, 50p refundable on return of book**
- 4. You can renew the book for 1 further month via the meetings. If you are having difficulties returning the book please ring Steve.**

**Books can only be returned at the C.A.P.A.A.S. meetings**

## **National Autistic Society**

393 City Road, London EC1V 1NG. Tel: 020 7833 2299. Fax: 020 7833 9666. Helpline: 0870 6008585. Parent to Parent 0800 9520520. [www.oneworld.org/autism\\_uk/](http://www.oneworld.org/autism_uk/)

## **LAS - Lincolnshire Autistic Society**

Mrs J Corcoran, Secretary, 21 Mill Lane, Donington, Spalding, Lincs. Tel: 01775 821213, [janet.corcoran@talk21.com](mailto:janet.corcoran@talk21.com). Provide a telephone advice/support line.

## **C.A.P.A.A.S. - Children And Parents Asperger Autistic Support - Sleaford and District**

Meets at The Sleaford Foyer, 81 Eastgate, Sleaford Lincs NG34 7EA

The second Wednesday of each month at 10.00am - noon, also the last Wednesday of each month 6.30pm—8.30pm

Help advice/support line Steve 07948420641 or 01529 415937 [capaas@fsmail.net](mailto:capaas@fsmail.net) CAPAAS also produce an informative colour bi-monthly newsletter, and have a library of books and video's, and computer software. The support group also arrange for guest speakers to visit. CAPAAS also work closely with TreeHouse the National Autism Education Charity.

## **P.A.A.C.T - Parents And Autistic Children Together - Lincoln**

Meets at Moore House, Lincoln on 1<sup>st</sup> Wednesday of every month from 7.30pm to 9.30pm and 3<sup>rd</sup> Wednesday of every month from 10am to 12noon. Help & Support Line, Nikki Kennedy 01522 887101 or Joanne Brennan 01522 829766, [paact04@ntlworld.com](mailto:paact04@ntlworld.com) We have guest speakers; provide a telephone advice/support line, and a library of books and videos. A regular newsletter and frequent children's activities organised.

## **Louth and District N.A.S. branch**

Parent Support group. Contact Ann Tempest 01507 607307 Louth & District branch at meet the Conoco rooms Louth on the second and fourth Sunday evening of each month 5.30pm—8.00pm for details contact [nas.louth.branch@btinternet.com](mailto:nas.louth.branch@btinternet.com)

## **ADHD - Attention Deficit Hyperactivity Disorder.**

Parent support group and help line. Every 1<sup>st</sup> Wednesday of the month. Sharon O'Dell, 01522 539939. Lincoln ADHD Support Group, 45 High Street, Lincoln, LN5 8AS. [Lincoln.adhd@btconnect.com](mailto:Lincoln.adhd@btconnect.com)

## **Independent Parent Partnership Service**

Independent Parental Supporters are volunteers who give impartial support to the parents of children with special educational needs. SEN Services Group, Tel: 01522 553351.

## **IPSEA - Independent Panel for Special Educational Advice**

Free independent advice on Local Education Authorities (LEAS) duties to provide for children with special needs. 4 Ancient House Mews, Woodbridge, Suffolk IP12 1DH. Tel/Fax: 0800 0184016

## **Rathbone - Special Education Advice**

Provide free advice and support to parents of children with special educational needs, helping them to gain for their child an education appropriate to their potential. Churchgate House, 56 Oxford Street, Manchester, M1 6EU. Tel:- 0800 917 6790. Email:- [advice@rathbone-ci.co.uk](mailto:advice@rathbone-ci.co.uk)

## **ACE – Advisory Centre for Education**

ACE, 1B Aberdeen Studios, 22-24 Highbury Grove, London, N5 2EA, Tel: 020 7354 8318 (Advice Line), Tel: 020 7354 8321 (General), Tel: 020 7704 9822 (Exclusions). Open between 2pm-5pm, Monday to Friday. This is a helpline for all parents and professionals, offering information, advice and referrals on a wide range of education issues. The exclusions helpline runs 2pm-4pm, Monday, Wednesday and Friday.

## **MENCAP**

Family Advisor Scheme. A service to Lincoln from MENCAP. Help with benefits, grants, council tax, leaving money by Will to people with learning difficulties. Advice, support groups, facts, Mencap membership, Mencap in Lincolnshire. For further information contact, John Heslop on Tel: 01522 514614.

## **The Family Fund**

The Family Fund is financed by the government and administered by the Joseph Rowntree Foundation. The Fund is for families with children under the age of 16 who are severely disabled. Grants can be made for items such as bedding, clothing, washing machines and holidays.

Applications should be made in writing giving the name and date of birth of the child, details about their disability, the kind of help they require, and whether you have applied to the Fund before. Contact:- The Family Fund, PO Box 50, York, YO1 2ZX

## **Share the Care.**

Help, advice and information services for all family carers who are looking after someone in the community. The Meeting Room, 1 Rauceby Terrace, Orchard Street, Lincoln, LN1 1XU. 2<sup>nd</sup> Wednesday each month 1pm - 3pm.

## **Disability Lincs**

For help and information on any disability matter, including benefits advice. Disability Lincs, Ancaster Day Centre, Boundry Street, Lincoln. Tel:- 01522 870602

## **CAF – Contact A Family**

This is a national registered charity dedicated to helping families who care for children with any disability or special need. Tel: 020 7383 3555.

## **Autism Unravelled**

Providing parents, carers, professionals and individuals with autistic spectrum disorders with up to date information on known, current and theoretical research and treatments into autism. Our resource file is presented on loose leaf sheets, in an indexed A4 ring binder. There is also a glossary of technical terms, a directory and a recommended reading list. Autism Unravelled update, published three times a year, contains all the latest information on research and treatments for autism. It is presented in the same loose leaf format as our primary package, enabling you to add to or replace the original as new information is discovered or if revision is made. Autism Unravelled, 3 Palmera Avenue, Calcot, Reading, Berkshire, RG31 7DZ, UK, Tel/Fax: 0118 961 5967, Email [bluecat@autism-unravelled.org](mailto:bluecat@autism-unravelled.org), or [www.autism-unravelled.org](http://www.autism-unravelled.org)

# Membership Form

Please complete and return to C.A.P.A.A.S. include one book of second class stamps.  
All details are held in confidence by the committee only.

Family Details: .....

Mr/Mrs/Miss: .....

Forename: .....

Surname: .....

Parent or Professional: .....

Phone Number: .....

Address: .....

Line2 .....

Line3 .....

Postcode: .....

E-Mail Address: .....

Autistic Childs Name: .....

Date of Birth: .....

Best Activity: .....

2<sup>nd</sup> Best: .....

3<sup>rd</sup> Best: .....

Is your child Autistic.....Asperger..... ADHD..... Other.....

Is your Child in mainstream school: .....Special School..... Homeschool.....

Siblings names No.1 .....

Sibling No.2 .....

Sibling No.3 .....

Sibling No 4 .....

Sibling No 5 .....

Is your child on the following diet Casein free..... Gluten free.....

For membership I include 12x 2<sup>nd</sup> class stamps.....

Please return completed with stamps to Steven McGuinness, 39 Oak road Sleaford Lincolnshire NG34 7UF.

Or to the C.A.P.A.A.S. office at The Sleaford Foyer 81 Eastgate Sleaford Lincs NG34 7EA.

Contributions for our Newsletter ie, children wanting to have any artwork used as our back page must please send to the above address, or e-mail us the work to [capaas@fsmail.net](mailto:capaas@fsmail.net) A little prize will be sent to the child who's each picture used for the back cover of the newsletter, name and address on the reverse of all artwork please..

**Suggestions and contributions** For each of our newsletters are always welcome, Parents permission is required for any work from by children wanting to have any work included within the newsletter. Any suggestions for day trips or family events are more than welcome.

**Visual supports** A display of visual supports for parents to view is available at the C.A.P.A.A.S office, these may also give you an idea of what visual supports can be made to suit your own child's needs. Visual supports are made either in the form of social stories or with a sequence of pictures. At C.A.P.A.A.S we have facilities to laminate so why not take part in one of our visual support making mornings, the cost for this is minimal usually just the cost of the laminating sheets used. Note: there will be a charge made for any visual supports requested by you that are made by C.A.P.A.A.S. without your involvement.

**Speakers** Our aim is to bring in guest speakers on various subjects the venues may well differ each time so please be aware of this when booking tickets. There will be a small charge for these events and refreshments will be included. When we have daytime speakers these events will be held at the Sleaford Foyer on Eastgate, at the usual meeting place.